

# Ta eo kwōn kōmmane ñe alikkar teej eo am ñan COVID-19

## Kakadu in Oktak ko ilo Oktoba 24, 2022

- Melele ko emōj aer kakāäl kake uno in COVID-19
- Melele ko emōj aer koba kake wāwen kōjerbale teej in antigen ñan kwalok ñāät ñan kajemlōk jenolōk im jolōk māāj eo am
- Tōl eo ej koba kin ta eo ñan kōmmane ñe kakō॥le enij rolwaj
- Melele ko emōj aer kakāäl kin ñe juōn armij emāroñ in kapopo nañinmej eo ippān
- Tōl eo ej koba kin wāwen kōjjelā armij ke kwe māroñ in kār epāäke nañinmej in COVID-19

## Kōmlele Ko Imaantata

Ñe alikkar teej eo am ñan COVID-19, kwōmāroñ in jibāñ kabōjrak an ajeded COVID-19 ñan ro jet. Jouj im loore tōl eo ilal ikijen uno, jenolōk, im ekanak māāj. Jouj im bar loore jabdewōt jikin ejmour, jerbal, peenej, akō kakien an jikuul ñan armij ro ej alikkar teej ko aer ñan COVID-19, im emāroñ in laplōk an wōr kien jān tōl eo an WA State Department of Health (Rā eo an Ejmour).

- Armij ro rej pād wōt, jerbal, akō loe lak juōn jikin ejmour ej aikuj in loore tōl eo ilo [Rōjañ ko Lowa ñan SARS-CoV- 2 Kōjbarok jān Nañinmej im Kantūrol ilo jikin Ejmour ko](#) (Kajin Pālle wōt).
- Ñe kwōj jerbal akō pād ilo juōn jikin jerbal elōñ armij ie, jerbal ilo em ko ilo jidik wōt ien, jikin ko epāäk lojet, jikin kajimwe akō kalbuuj, ijoko jikin armij ro ejelōk jikier, akō em ko jōt, jouj im loore tōl ko iumin [Ñe kwōj pād akō jerbal ilo jabdewōt ian jikin kein elōñ armij ie.](#)

## Kwalok ñe kwōj aikuj uno

Ñe enij alikkar teej eo am im kwōj māroñ in bōk nañinmej jān COVID-19 jān wōt joñan yiō eo am akō nañinmej ko relap, uno ko rej bellōk im remāroñ in kadiklak am māroñ in delōñ ilowaan ojpitōl akō mej jān nañinmej eo. Uno ko ñan kamour jān nañinmej in COVID-19 ej aikuj in jān juōn jikin taktō im jino ilo ien eo emōkajtata elikin kwalok nañinmej eo bwe en eman an jerbal. Tōpar juōn jikin ejmour ilo ien eo emōkajtata ñan jella ñe kwōj māroñ in tōprak ñan uno, jokdoon ñe kakō॥le ko am rej diik ilo kiō. Lale DOH peij eo anläin ñan melele ko relaplak ñan kwe im jikin taktō eo am kake [COVID-19 jibāñ ko](#) (jōt bar kajin ko rej bellōk) im wāwen in ebbōk uno.

## Jenolök ilo mweo imōm

Armij ro alikkar teej eo aer ñan COVID-19 ak ro ewōr aer kakölle in COVID-19 im rej kōttar tōbrak in teej ko aer rej aikuij in pād wōt mweo mweir im jenolök jān ro jōt ijelkin wōt ñan bōk jibāñ ikijen taktō. Armij ro rej nañinmej in COVID-19 rej māroñ in kōmman an ajeeded ñan ro jōt. Jenolök ilo mweo ej jibāñ kōjbarok armij ro jōt jān nañinmej. Kwōj aikuij māke lak iam jōkdron ñe kwar ak kwar jab wā. Ñe juōn armij emōj an wā ej bōk COVID-19, rej māroñ in kōmman bwe en ajeeded nañinmej eo ñan ro jōt, akō bōk wā ñan COVID-19 ej kōmman bwe en diiklak aer māroñ in delōñ ilo ojpitōl akō mej jān COVID-19. Kajitok ippen ro jet bwe ren kaikujkuj ñan eok ak kōjerbal kein jerbal ko ñan aer bōkwaj aikuij ko am. Ñe kwōj aikuj mōñā akō jibāñ ko jet ilo am jenolök ilo mweo imōm, [Care Connect Washington \(Epāäke Lale Washington\)](#) (jōt bar kajin ko rej bellōk) ej bellōk. Kür ak Lain in Call ñan bōk jibāñ ikijen COVID-19 ilo 1-800-525-0127, im jujen jibed # akō tōpar [Care Connect](#) (jōt bar kajin ko rej bellōk) ijo. Ewōr jibāñ ikijen ukok. Jab itotak, etal ñan jikin jerbal, jikin lale ajiri, akō jikin ko lōblej, akō kōerbale ial ko an lōblej, uwe ippān armij, akō taxi ko. Len Kojenolök:

- Jenolök joñan wōt am māroñ jān ro jōt ilo mweo, kōba ippān ro uwaan mweo im menin mour ko, ilo am pād ilo juōn ruum etolak jān armij ro jōt im kōjerbale juōn mwōn kabōjjak eo ej jenolök, ñe emāroñ. Centers for Disease Control and Prevention (CDC, Jikin Kantūrol Nañinmej im Bōbrae) [COVID-19 im Menin Mour ko](#) (jōt kajin ko rej bellōk).
- Ekanak juōn [māaj akō kein menono eman](#) (aolep kajin ko rej bellōk) ñe kwōj aikuj in pād ilo mweo imōm akō ilo lōblej.
- Bōk buñtōn ko ñan kōmman bwe en eman lak [an duoj delōñ kōto](#) (jōt bar kajin ko rej bellōk) ilo mweo imōm, ñe ekkar.
- Jab kōerbale juōn wōt kain mweiuk ko an moko, āinwōt kein idāāk, towel, im kein mōñā ko.
- Kwōn lale kakōlkōl ko am. Ñe ewōr am [kakölle in emōjōnji](#) (jōt bar kajin ko rej bellōk) (āinwōt ben am menono), bukot lale ilo ien emōjōnji ilo ien eo emōkajtata.
- Ñe ewōr am ien taktō im ekka an walok (āinwōt lale ilo ien emōjōnji), call mokta jān am etal im ba ñan jikin taktō eo am ke kwōj nañinmej COVID-19 akō ej etaale ñan COVID-19.

## Ewi joñan aitōk in ao aikuij in jenolök im ekanak māaj?

Ñe enij alikkar teej eo am ñan COVID-19, **pād wōt mweo imōm iumin 5 raan ko im jenolök jān ro jōt ilo mweo imōm** ñan māroñ in jāb ajeeded COVID-19 ñan ro jōt.

### Kajemlōk Jenolök

Ewi joñan am jenolök ej pedped ion elōñ unin ko:

- Ñe kwōj māroñ in ekanak juōn māaj eman-joñan,
- Ñe kwōj māroñ in wanmaanlōk wōt ilo an alikkar teej eo am ñan COVID-19 ilo raan 6-10 elikin 5 raan in am jenolök,
- Ñe kwōj nañinmej eo elap kin COVID-19 akō emōjno enbwinnim, im
- Ñe kwōj pād wōt akō jerbal ilo juōn jikin eo elōñ armij ie.

**Ñe emōj an alikkar teej eo am ñan COVID-19 im wōrkakölle ko** (jöt bar kajin ej bellök):

Jenolök iumin **5 raan** elikin an kakölle ko am kār jinion walok. Kwōmāroñ etal jen am jenolök elikin likio in 5 raan elañe:

- Kakölle ko am rej emmanlak 5 raan elikin am kar jino jenolök, **IM**
- Kwar jab piba iumwin 24 awa ilo am jab kōerbale uno ñan kadriklak piba

**Ñe emōj an alikkar teej eo am ñan COVID-19 im wōr kakölle ko** (jöt bar kajin ej bellök): Jenolök iumin **5 raan** elikin an alikkar teej eo am ñan COVID-19. Kwōj māroñ in emaküt jān jenolök elikin 5 likio in ran ñe ejanin walok jadewōt kakölle ko.

Ñe ewōr am kakölle elikin an alikkar teej eo am, bar jino ien in jenolök eo am ilo raan ko 5. Loore rōjañ ko ilōñ ñan am kajemloke am jenolök ñe ekar wōr am kakölle.

**Jokdoon ñe emōj an jemlok am jenolök, bōk buñtōn kein iumin 10 raan elikin an walok kakölle ko (akō alikkar teej eo am, ñe ejañin kār walok am kakölle):**

- Ekanak juōn māaj eman-joñan im eman akō kein menono itūrin ro jöt ilo mweo im ilo lōblej iumin 5 raan (raan 6 ñan raan 10) elikin jemlokin 5-raan ien jenolök eo.
- Jab pād tūrin armij ro ej [mōjno enbwinnier akō rej pād ilo kauwōtata elap ñan nañinmej ko](#) (jöt kajin ko rej bellök), im jab etal ñan jikin ejmour ko (kōba ippāñ jikin lale armij) akō jikin ko jöt elap-kauwōtata ie.
- Jab etal ñan jikin ko kwōjjab māroñ in ekanak māaj, āinwōt restaurant ko im jöt jikin ekjōjaej, im jab mōna tūrin ro jöt ilo mweo im ilo jikin jerbal.
- Ñe kakölle ko renij bar walok akō nana lak, kwōj aikuj in bar jinoe ien jenolök eo am ilo raan 0.
- Lale[totak | CDC](#) (jöt bar kajin rej bellök) ñan melele ko ikijen itotak.

### **Wāwen kobaiki ien jenolök eo am:**

Ñe ewōr am kakölle, raan 0 ej raan eo kein kajuōn ilo am bōk kakölle ko. Raan 1 ej likio in juōn raan eo elikin an walok kakölle ko am.

Ñe kwar jab bōk kakölle ko, raan 0 ej raan eo alikkar teej eo am. Raan 1 ej likio in juōn raan eo elikin aer bōk kakölle ko am ñan an alikkar teej eo am.

Lale DOH [Joñan len Jenolök im Māke lak iam](#) (aolep kajin ko rej bellök) kein jerbal eo ñan jibāñ.

### **Jōlok māaj eo am**

Kwōj māroñ in pād wōt ilo an kapopo nañinmej eo ippam elikin 5 raan in jenolök.

Wanmaanlıç wōt ilo am ekanak[māaj eman im eman-joñan akō kein menono](#) (aolep kajin ko rej bellök) ro ilo mweo im ilo lōblej iumin 5 bar raan ko (raan 6 lak ñan raan 10) elikin jemlokin 5-raan in jenolök. Kobalak, lōmñak in kōerbale kein teej antigen ñan lale ñāat ñan jōlok māaj eo am (lale ijin ilal). [Ñe kwōjjab māroñ in ekōnak māaj, kwōn jab itotak ilo raan ko 10.](#)

Kōerbale māaj aolep ien ej melelein ekanak juōn [māaj eman joñan im eman akō kein menono](#) (aolep kajin ko ej bellök) ilo ien eo kwōj pād tūrin ro jöt ilowa akō nabōj in

mweo. Kwōjjab aikuj in kōba ilo makutkut ko tūrin ro jōt ñe kwōjjab māroñ in ekanak māaj, āinwōt kiki, mōñā, akō tutu lojet. Oktak in maj ko (āinwōt kein bōbrae mejam kin juōn nuknuk) ejjab lewaj eman in kojabrok āinwōt juōn māaj eo eman im eman-joñan. Ñe kwōjjab māroñ in ekanak juōn māaj eman-joñan, kwōj aikuj in jenolök iumin 10 raan.

### Kōjerbale teej in antigen ñan kwalök naan ñan emaküt jān jenolök im jōlok māaj eo am

Ñe ewōr am māroñ ñan teej in antigen (jōt bar kajin ko rej bellök) kwōj māroñ in kadiklak an kauwōtata am lelak nañinmej ñan ro jōt ilo am ebbok teej ñe kwōj būlāān in emaküt in ien am jenolök, ejjab tolak jān raan 6. Jino wōt teej ñe ejelök am piba iumin 24 awa ilo am jab kōjerbale kein jōlok piba im kakōllē ko am jōt emōj aer eman lak. Jako am māroñ in lemak akō et bwin emāroñ in wanmaanłok wōt iumin wiik akō allōñ elikin an eman lak am mour im ejjab aikuj in jemłok ien jenolök.

- Ñe teej eo am ej alikkar, kwōj māroñ in kapopo wōt. Kwōj aikuj in wanmaanłok wōt ilo am jenolök im ekanak juōn māaj im kottar 24-48 awa ñan bar teej.
- Ñe kwōnij bar teej kake ruo bar teej emōj aer kōmman 24-48 awa etolak jān doon, kwōj māroñ in kōmman bwe en jemłok jenolök im bōjrak ekanak māaj mokta jān raan 10.

Ñe kwōj wanmaanłok wōt ilo an alikkar teej eo am ilo an beddo teej lak ñan 10 raan ko, kwōj aikuj in wanmaanłok wōt ilo am ekanak māaj im etolak jān armij ro ej mōjno enbwinnier akō pād ilo kauwōtata elap ñan nañinmej ñan ñe kwōj bōk ruo teej in antigen ejjab alikkar.

### Ñe kwar bōk nañinmej eo elap ibben COVID-19 ak ñe uwōta ejmour eo am:

Armij ro elap aer nañinmej in COVID-19 (kōba ippān ro rekar deļoñ ojpito akō aikuj lale eo elap akō jibāñ ikijen an duoj deloñ kōto) im armij ro ejjab kajur enbwinnier (jōt bar kajin ko rej bellök) rej aikuj in jenolök iumin joñan eo 10 raan im lak ñan 20 raan. Rej māroñ in bar aikuj teej ippān juōn viral teej (jōt bar kajin ko rej bellök) ñan lale ñāāt remāroñ in pād tūrin ro jōt. Kōnnaan ippān jikin taktō eo am kake ñāāt kwōj māroñ in rol ñan tūrin armij. Lale jikin jibāñ eo iloñ ñan melele ko kin uno ko kwōj māroñ in tōprak ñan e.

### Elañe kwōj bed wōt ak jerbal ilo jabrewōt jikin ippān doon kein:

Armej ro rej jokwe ak jerbal ilo jikin ippēn dron kein rej aikuj in loore rōjañ ko ñan aer māke lak iaer ilo laajrak kein ilal.

- Mōn kalibuuj an ritto ak jödikdik
- Jikin jokwe ñan ro ejjelök jikier ak moko ejjab aitōk ien jokwe ie.
- Jikin tiima (waanjoñak., tiima ñan aintok mōñā in lojet, tiima ñan ekkotak mweik, tiima ñan an armej lemōñōñ im kakkije)
- Jikin jerbal ko ekkobob ak eben aer kattolak jen dron kōn ke wāwein in jerbal ko aer, āinwōt jikin kakwōn mweik, jikin kōmman mweik, im jikin pākij mōñā im jālele ko.
- Jikin an rijerbal jokwe ejjab aitōk ien bed ie

**Ñe alikkar teej eo am ñan COVID-19 im ewor am kakölle**, kwōmāroñ kabōjrak am māke lak iam ilo jikin ippēn dron ko elikin an **10 raan** mootlak jen ien eo ekar walok kakölle ko am ñie:

- Kwar jab piba iumwin 24 awa ilo am jab kōjerbale uno ñan kadriklak piba, **IM**
- Kakölle ko am emōj aer emmanlak.

**Ñe alikkar teej eo am ñan COVID-19, ak ejjelök am kakölle**, kwōmāroñ kabōjrak am māke lak iam ilo jikin ippēn dron ko elikin an **10 raan** mootlak jen ien eo alikkar teej eo am ñan COVID-19 ñie: Ñe ewōr am kakölle elikin an alikkar teej eo am, bar jino ien in jenolök eo am ilo raan ko 10 ilo jikin ippān doon eo. Loore rōjañ ko ilōñ ñan am kajemloke am jenolök ñe ekar wōr am kakölle.

Ñe ewōr am kakölle, raan 0 ej raan eo kein kajuōn ilo am bōk kakölle ko. Raan 1 ej likio in juōn raan eo elikin an walok kakölle ko am. Ñe kwar jab bōk kakölle ko, raan 0 ej raan eo alikkar teej eo am. Raan 1 ej likio in juōn raan eo elikin aer bōk kakölle ko am ñan an alikkar teej eo am.

Ñe kwōj jerbal ak kwōjab jokwe ilo jikin ippēn dron ko, jab jibadeke jikin jerbal eo ilo likio in 10 raan, ak kwōmāroñ loor tōl eo emōj kakdrulak ilōñ ikijen am māke lak iam ilo mweo imōm ekkar ñe kwōmāroñ ak jab māroñ ekōnak juōn māaj emman joñan.

Ilo ien ko eiet rijerbal, mōn kalibuuj, jikin kalibuuj ñan jōdikdik, jikin jokwe ñan ro ejjelök jikier, jikin jokwe ko ejjab aitōk bed ie, im jikin jerbal ko elap aer aurōk remāroñ kadiklok ien ñan an rijerbal ro aer māke lak iaer bwe en wōnmaanlök jerbal ko. Pepe ko ñan kadiklok ien eo ñan am jenolök ilo jikin kein rej aikuij in melim ibben jikin ejmour ko tūrim.

## **Ta eo ij aikuij in kōmmane ñe enanalok kakölle ko aō?**

Ñe emōj an jemlokit ien am jenolök, ñe COVID-19 kakölle ko am renij bar walok akō nana lak, bar jino am jenolök ilo raan 0 im loore [Ewi joñan aitōk in ao aikuij in jenolok im ekanak māaj?](#) iloñ. Kōnnaan ippān juōn taktō ñe ewōr am kajitōk kake kakölle ko am akō ñāāt ñan kabōjrak jenolök.

## **Ñāāt eo ij lukkun kapopo im kōmmān an nañinmej eo ajeeded?**

Armej ro ewōr aer COVID-19 remāroñ in ajeded nañinmej eo ñan armij ro jet jino jen ruo raan elikin aer bōke kakölle ko (ak 2 raan mokta jen raan eo ekar alikkar teej eo aer ñe ejjelök aer kakölle) lak ñan raan 10 elikin aer bōk kakölle ko (ak 10 raan elikin raan eo alikkar teej eo aer ñe ejjelök aer kakölle). Ñe juōn armij emōj an alikkar teej eo an ñan COVID-19 ej bōk ruo COVID-19 teej in antijen 24-48 awa etolak jān doon ñe ej eman lak am mour elikin joñan eo 5 raan in jenolök, ejako aer lōmñak kapopo. Ñe ien an juōn armij jenolök ej aitōk lak jān 10 raan ko (waanjoñak., kinke elap aer nañinmej akō mōjno enbwinnier), elap aer kapopo ilo jemlokit ien jenolök eo aer.

## **Kōjjeļā armij ro kwar pād tūruer**

Ba ñanro kwōj epāāke ir ke remāroñ in kār epāāke COVID-19 im jilkinlak ir [Ta eo ñan kōmmane ñe kwar epāāke juōn armij ej nañinmej in COVID-19](#) (jōt bar kajin ej bellōk). Epāāke nañinmej eo ej melelein emōj am bed iumwin 6 ñe(2 mita) jān juōn armij ewōr

an COVID-19 iumwin tarin 15 minit ak laplak ilo aitōk in 24-awa. Ñe, botaab, emōj am pād ilo ien ko rej kōmman an laplok kauwōtata in māroñ in epāāke, āinwōt jikin ko rediik, diik an duoj deloñ kōto akō kōmman makūtküt ko āinwōt lamōj akō al, ewōr wōt kauwōtata in am lelak nañinmej ñan ro jōt jokdoon ñe rej 6 ñe(2 mita) etolak jān eok. Ñe kwar pād ilo jikin jerbal im emāroñ in kār kapopo, ba ñan jikin jerbal eo bwe ren ba ñan rijerbal ro jōt. Jikin jerbal ko rej aikuj in kwalōk ñan rijerbal ro rekar epāāke COVID-19 im jerbal ilo aer jab kwalōk wōn armij ro ej nañinmej in COVID-19.

Ñe kwōj kōerbale [WA Notify \(Kōjellā Washington\)](#) (jōt bar kajin ko rej bellōk) im alikkar teej ñan COVID-19, kwōj māroñ in kōerbale [WA Notify](#) ñan kwalōk ñan ro jōt kwar māroñ in epāāke lak. Enij kōtlak an armij ro rej kōerbale app eo im remāroñ in kār epāāke ñan bōk ekkōl ko ñan kōjbarok ir māke im armij ro tūruer. Ñe enij alikkar teej eo am kin juōn kein am-māke teej akō kwar teej ñan COVID-19 ilo juōn jikin jerbal akō jikin ejmour kein teej im ejanin de iwaj juōn am code in kamol ilo tāākij jān DOH, kwōj māroñ in kajitōk juōn code in kamol jān WA Notify. Ejelōk melele ko am māke akō ñan kwalōk wōn eok ej bōk akō walok ñe kwōj kōerbale WA Notify. Ñan kajitōk juōn code in kamol:

1. Kōerbale juōn kein jerbal (Android akō iPhone), kakōlkōl QR code akō [kajitōk e juōn code in kamol](#) (Kajin Pālle wōt):



2. Likit nōmba in talebon eo an kein jerbal eo am ej kōerbale WA Notify im raan eo alikkar teej eo am nañ COVID-19 ekar jinoe.
3. Kelet “Continue (Wōnmanlak).”

Ñe kwōjjab māroñ in kajitōk juōn code in kamol ilo WA Notify, kwōj aikuj in kūrlak lain in COVID-19 an aelōñ eo, 1-800-525-0127, innem jiped #, im ba nañ rijerbal in line eo kwe kwōj juōn armij ej kōerbale WA Notify. Rijerbal ro an lain in kūrlak eo renaj lewaj juōn link nañ kein kamool kwe māroñ kōerbale ñan kōjellāik ro jōt rej kōerbale WA Notify ke remāroñ kar kepāāk nañinmej eo.

Jouj etal ñan “[Wāwein kōjellā ro jōt ñe enij alikkar teej eo am ñan COVID-19 kin juōn am kein māke-teej](#)” (jōt bar kajin ej bellōk) jikin ilo [WANotify.org](#) (jōt bar kajin ej bellōk) ñan melele ko relablok. Ñe kwōnij kōnan ekatak elaplok kake WA Notify, kōba ippān wāwen kobaiki ilo telebon, lale [WANotify.org](#) (jōt bar kajin ej bellōk).

## Bōk kwōnaam ilo kajitōk ko an mōn ejmour

Rikajjitōk eo jen mōn ejmour emāroñ tōbar eok elañe alikkar teej eo am ñan COVID-19, ekkā ilo telebon. Rikajjitōk eo enaaj jibāñ eok bōk melele kōn ta kwōj aikuj in nej kōmmane im ta wāwein jibāñ ko rej bellōk. Rikajjitōk eo enij kajjitōke et ko im wāwein

aer tōbar armej ro kwōkar epāāke raan ko maantak bwe ren kōjellāki er ke rekar epāāke nañinmej eo. Rej kajjitōke melele kein bwe ren māroñ kōjellāki armej ro rekar epāāke nañinmej eo. Rikajjitōk eo eban kwalok etam ñan armej ro kwōkar epāāke.

## Ñe ekar alikkar teej eo am kōn teej eo kwōj māke bōke

Jouj im lale [Lowa SARS-CoV-2 Tōl in Teej eok Māke](#) (Kajin Pālle wōt) ñan elaplok melele.

## Ta oktak eo kōtaan am jenolök im māke lak iam?

- **Jenolök** eok māke ej ta eo kwōn kōmmane ñe ewōr am kakölle in COVID-19, kwōj kōttar tōbrak in teej ko am, im emōj an alikkar teej eo am ñan COVID-19. Melele in māke lak iam ej ñe kwōj bed wōt mweo imōm im kwōj kattolak eok jen armej ro jet (ekoba uwaan baamle eo am ilo mweo imōm) ekkar ñan [tōrre in ien eo](#) (Kajin Pālle wōt) ñan rōjañ ñan kabōjrak an ajeded nañinmej in.
- Melele in **māke lak iam** ej ñe kwōj bed wōt mweo imōm im kwōj kattolak eok jān armej ro rej nañinmej in COVID-19 ekkar nan tōrre in ien eo rej rōjañ ñe kwōbaj bōk nañinmej eo im ekapopo. Māke lak iam ej erom am jenolök eok māke ñe enij alikkar teej eo am ñan COVID-19 ak ej walok kakölle ko an COVID-19.

## Kain Jibāñ ko ikijen Ejmour in Kalmenlojkān im Mwil

Jouj im lale DOH [Rōjañ ko ikijen Mwil im Ejmour im Kain jibāñ ko](#) (Kajin Pālle wōt) peij eo anłain.

## Melele ko relap ikijen COVID-19 im kein jibāñ ko

Pād wōt ilo-raan kake ta eo ej walok kiō ikijen [COVID-19 jekjek eo ilo Washington](#) (Kajin Pālle wōt), [Kabna Inslee naan ko](#) (jōt bar kajin ej bellōk), [kakölle ko](#) (jōt bar kajin ej bellōk), [wāwen an ajeeded](#) (jōt bar kajin ej bellōk), [wāwen im ñāāt ñan an armij bōk teej](#) (jōt bar kajin ej bellōk), im [ia ñan bōk wā ko](#) (jōt bar kajin ej bellōk). Lale [Kajitōk ko Ekutkut Kajitōk](#) (Kajin Pālle wōt) ñan melele ko relaplak.

An armij lal/er-ria ak aelōñ eo aer, ejjab, māke lak ian, likit er ilo joñan uwōta eo elaplak kin COVID-19. Bōtaab, melele ko rej kwalok ke jukjuk in bed ko oktak kōlar in kilier elap aer jelet jen COVID-19. Men in ej jen wōt ta ko jej ion e ilo an armij diike armij ro jet, im ilo an jenolak, diike jet jekjek, im ej kōtlak an jet armej ko eiet lak an bellōk kein jibāñ ko ñan ir ñan kōjbarok ir māke im jukjuk in bed ko aer. [Naan ko rejjab mool reban jibāñ irre nañinmej eo](#) (Kajin Pālle wōt). Kwalok wōt melele ko remool bwe enjab ajeded melele ko rejjab mool.

- [Aelōñ in WA Department of Health 2019 Ajeded in Coronavirus Ekaäl \(COVID-19\)](#) (jōt bar kajin ej bellōk)
- [WA State Uwaak ñan Coronavirus \(COVID-19\)](#) (jōt bar kajin ej bellōk)
- [Bukōte Ra ak Bukōn in Ejmour eo an Jukjukinbed eo Am](#) (jōt bar kajin ej bellōk)
- [CDC Coronavirus \(COVID-19\)](#) (jōt bar kajin ej bellōk)

**Ewōr ke am bar kajitōk?** Kūr tok lain in bōk melele ikijen COVID-19 ilo **1-800-525-0127**: Awa in kūr lak ko:

- Mande jān 6 awa jibboñ ñan 10 awa jota
- Juje ñan Jabat jān 6 awa jibboñ ñan 6 awa jota
- [Raan in kakije ko an aelōñ eo](#) (Kajin Pālle wōt) jān 6 awa jibboñ ñan 6 awa jota

Ñan jerbal ko an riukok, **jiped #** ñe rej uwaak im **kwalok kajin eo am**. Ñan kajitōk ko ikijen ejmour eo am ak tōprak in teej ko, jouj im kepāāke juōn ritaktō.

Ñan kajjitōk bwe ren lewōj peba in ilo bar juōn wāwein, kwōn kallōk 1-800-525-0127. Ñan riwia ro rejaroñroñ ak eben aer roñ, jouj im kūrlok 711 ([Washington Relay](#)) (Kajin Pālle wōt) ak jeje lak ñan [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).